

2019 A.E. Phillips Cross Country

July 3, 2019

Dear Parents,

Hope you are enjoying a restful summer with your family. School will be starting soon and that means another cross country season is upon us. There are some changes I would like for all of you to be aware of, the most important is practice days. This year we will go Monday and Thursday 3:40-4:40 at Cook Park. Our program is open to students in grades 1 through 6. Sixth graders must have a physical on file in the office. Forms are with Mrs. Terri or on our school website. No sixth grader will be allowed to practice or race without a current physical on file. The race distance is one mile and the meets are held on Saturdays starting September 7. Races are divided by grades and gender. The season lasts until the weekend of October 26 in which there is a state elementary meet held at the Gospel in Choudrant. We typically run 5-6 races during the season.

My philosophy in coaching elementary cross country is to make running FUN! Some may laugh at this, but there is a reason why our kids come back year after year to this program. Just because a parent does not like running doesn't mean your child won't like running. Please let your child try out our program if you see a desire. They may love it! Is running hard? ABSOLUTELY! But so rewarding as well.

Is practice mandatory? Well, the more you put into running, the more you will get out of running (and life for that matter!). But if a child has dance or soccer practice on Monday then by all means just come on Thursdays. Again, this is elementary cross country. Please don't forfeit the season because of practice days or because you may miss a meet or two. Running is beneficial on so many levels. I want kids to participate in all sports during this time in their life. This is why I am lenient on kids missing practice to attend other events. If you have any questions, please call or email me.

Racing shirts will be the same as the last 2 years. I do not have the BSN team shop open just yet, but will send out a Remind text as soon as it's ready. **PLEASE sign up for Remind or you will miss out on team announcements.** Even if you aren't sure your child wants to run, go ahead and sign up just in cases. You can remove yourself if needed. **Text: @aepxc19 to the number 81010 to sign up for the messages.** You can also download the REMIND app on your smartphone as well. Anyone picking up your runner besides you (babysitter, grandparent) will also need to sign up for messages.

The fee for XC this year is \$35 per runner. This will cover meet expenses, bus fee if needed, and coach stipend. Liability waiver and other information are on the next page. The form needs to be turned in by **Friday, August 23**. First practice will be **Monday, August 26**. I am also going to again need parent volunteers. Our program is at approximately 100 kids and I cannot do it alone. You don't have to have any experience! I will tell you exactly what to do, or if you are an over-achiever and would like to go at it alone, have at it! I've been very fortunate to always have parents help, so please let me know if you can help with one or both days a week. You are needed and much appreciated.

Happy Running!!

Coach Suzanne Tyler

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